



10 Lines on Healthy Food in English

Description

Healthy food is a really important option in our life. We all want to lead a life without facing any major issues. Only healthy food can do that for us. We all need to eat quality foods. Here are a few lines on healthy food in English; I hope you will love these lines. These lines are for all classes and all category students.

10 Lines on Health Food: For Class 6, 7, 8, and 9

1. Health is wealth.
2. Our health could face some serious obstacle if we eat unhealthy foods.
3. Before buying any food, we need to ensure food quality.
4. Need to avoid fast food, because these are junk and reason for serious health problems.
5. There are so many natural food sources, and these are really [good for our health](#).
6. I prefer vegetables and fruits as natural foods.
7. People should do [gardening](#) on a small basis so that they can grow their own food.
8. If you can grow food in your garden, it will be safest for you.
9. Everyone should eat fat-free food always.
10. Fat-free foods make us fit and healthy.

10 Lines on Health Food: For Class 4 and 5

1. Healthy food is really important for our body.

2. If we don't eat healthy food, you can face so many problems in our health.
3. Good food keeps health problems away.
4. That's why we need to eat vegetables and fruits.
5. We will be able to avoid [junk food](#) and fast food, these are full of fat.
6. Fat foods could be a reason for future heart attack or serious health issues.
7. Food is really important, we can't live without food but we need to make healthy food only.
8. Otherwise, we have to face so many health problems.
9. Maybe you won't find healthy food really delicious, but they worth it.
10. Don't eat spicy or sour food too much. There are so many sources in nature that provide us really good and healthy food. We should rely on these sources. Getting healthy foods being really hard day by day. But for our better health, we need to ensure food quality.

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